

Caregiver Connection

A program of the Chesterfield County Senior Advocate's Office
and Lucy Corr Village

Caregiver Connection helps address the needs of those who are caring for an adult with physical or cognitive deterioration, usually a parent or spouse.

Decluttering and Downsizing

Feeling overwhelmed by clutter? Need to get more organized? Although parting with the things you own can be emotional, downsizing doesn't have to be a difficult process. Get advice on how to sort through clutter and purge your home of the things you don't need—without getting rid of the things you do need. Learn ways that you may even be able to make some money as you streamline your life.

The program will be presented by Joann Crowell-Redd, a former principal and owner of Suited for Success.

**Tuesday, September 1
4-5:15 p.m.**

**Lucy Corr Village
Assisted Living Friendship Room
6800 Lucy Corr Blvd., Chesterfield**

For more information, call the Senior Advocate's Office at 804-768-7878

email Leidheiserd@chesterfield.gov

<http://chesterfield.gov/seniorevents>



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